

CYNTHIA R. MULLINS, J.D., M.S.

Corporate Trainer, Shine Ohio

Cynthia Mullins is a dynamic corporate trainer, educator, and business law and human resources professional with a passion for empowering individuals and organizations through engaging, transformational learning experiences. At Shine Ohio, she brings over two decades of expertise in employment law, communication, human resources, and professional development to her facilitation of high-impact corporate workshops across the U.S.

Cynthia's top strengths—Achiever, Maximizer, Responsibility, Intellection, and Relator—fuel her purposeful approach to training. She is known for delivering content with both depth and heart, creating spaces where intellectual rigor meets authentic connection. Her teaching style not only informs but also inspires meaningful growth, performance excellence, and team alignment.

Beyond the training room, Cynthia is an adjunct professor who teaches graduate and undergraduate courses in human resources, organizational behavior, negotiation, women in leadership, business communication, and paralegal studies. She blends academic insight with real-world application, making complex topics accessible and actionable.

NOTABLE CREDENTIALS

- Doctor of Law, University of Connecticut School of Law
- Master of Science, business ethics and compliance, Cambridge College
- Bachelor of Arts, political science, University of Connecticut



203.570.3539



crm1animo@gmail.com



www.shineohio.com



Cynthia Mullins

CORPORATE
TRAINING





Shine Ohio, an education and retreat center based in Kent, Ohio, offers a wide range of certifications and events designed to enrich and empower the local community. Founded by **Cortney Martinelli**, the center reflects her two decades of experience in the corporate sector, where she worked for a Fortune 100 company.

Today, Cortney leverages her passion for well-being and expertise in corporate training, collaborating with a dedicated team to deliver transformative programs that bridge personal growth and professional development.

CLIENTS

- Sherwin Williams
- Akron Children's Hospital
- United Labor Agency
- Fairway Mortgage
- MasterBuilders Solutions
- Infinity Title
- Summit County Child Services
- Painting Contractors of America

Services

SIGNATURE COURSES

FULL + HALF DAY OPTIONS

- Positive Psychology: Building a Resilient Workforce
- NeuroBoost: Unlock Brainwave Potential for Workplace Excellence
- Wellness Warrior: Understanding Your Energy
- CliftonStrengths for Teams and Managers

90-MINUTE WORKSHOPS

- The Power of Positive Thinking
- Managing Your Energy for Success
- Brainwaves + Breath (Intro to NeuroBoost)

ADDITIONS

- Private Retreats
- Teambuilding Sessions
- Yoga/Chair Yoga
- Sound Baths/Therapy
- Meditation
- Breath Techniques



Thousands of certifications awarded with five-star reviews from client/students; customer repeat rate of over 90%



Experienced facilitators with years of experience in business, and more importantly a positive, contagious vision.



Professional developed content, vetted with clients/students for over a decade and professional organizations.



Comprehensive programs that are simple, effective and affordable.